

# Healthy Immunity Smoothie For Kids

**For kids 5 years and older** (smaller doses can be used for younger kids and without the iodine):

- **Thick Smoothie - 1 Cup per kid**
  - I buy a pre-made one for ease, my kids like Naked Juice Mighty Mango, or you can make your own
- **Iodine - 150mcg**
  - To prevent thyroid dysfunction-iodine is an essential trace mineral needed for a healthy thyroid
- **Milk Thistle Tincture - 1 full dropper**
  - For liver and detoxification support
- **Probiotics - high dose, high quality, physician grade**
  - Alternate different probiotics on different days to expose the gut to as many beneficial bacterial strains as possible.
  - I love Xymogen probio 350, Orthomolecular 225 and many of the spore based probiotics
- **Collagen**
  - For barrier integrity and amino acids for detoxification
- **Glycine - 1000mg**
  - For detoxing environmental toxins-plastics, pesticides, glyphosate (this should only be added when the smoothie is given at night)
- **Ion Gut Support - 1 tsp**
  - For gut lining integrity
- **Vit A 5,000mcg**
- **Vit D 5000iu**
- **Glutamine - 1/2 scoop**
  - For barrier function- small intestinal barrier and blood brain barrier function
- **MCT Oil - 1 tsp**
  - Help repair membrane function and brain support



Blend it all together in a small nutribullet or similar blender for a few minutes and serve! I recommend keeping the smoothie small so they are more likely to finish it.

**Terri Rebibo Fox**